

Brainwave Entrainment Do's & Don'ts

The popularity of brainwave entrainment is fairly astounding as people from all over the world are searching for alternative ways to make positive changes to their lives.

The research and scientific data show that different forms of brainwave entrainment may:

- Help to stop unwanted habits
- Provide sounder sleep
- Help to reach very deep states of meditation
- Raise IQ
- Help with focus and concentration
- Accelerate healing
- Help to change thought patterns and belief systems
- As well as allow us to experience many different altered states of mind and consciousness

The amount of beneficial results that brainwave entrainment can induce are staggering. When you look at what can be accomplished through working with our brain frequencies it then makes sense why so many people are turning to this scientific method of self-development.

If you are exploring the different forms of brainwave entrainment there are certain do's and don'ts that are good to know in order to get the maximum results.

Do's of Brainwave Entrainment

- Do your research on the brainwave entrainment product before you purchase.
- Understand the different types of brainwave entrainment... i.e. binaural beats, monaural beats and isochronic tones (read our article on [monaural beats and isochronic tones](#))
- If you use a downloadable MP3 file for brainwave entrainment make sure the company has used as little compression as possible in order to preserve the quality of the recording
- Do use headphones when you listen to your binaural beats or monaural beats, unless you are using isochronic tones then headphones are not necessary.

- Do use your binaural recording in a quiet space where you can relax with your eyes closed (for maximum effect).
- Do use the binaural audio daily in order to make continuous positive change.

Don'ts of Brainwave Entrainment

- Do not pay an arm and a leg for your brainwave entrainment product... it is not necessary and does not necessarily mean you are getting a better product.
- Do not use binaural beat recordings while operating heavy machinery or driving a car.
- Do not be worried that the binaural frequencies will somehow “mess up” your brain... they are 100% safe and scientifically tested.
- Do not mistake brainwave synchronization to be “new age” or “mystical” in any way, shape or form... it has been documented and researched for well over 170 years!
- Don't use stock recordings that do not provide original raw beats.

If you are curious about using binaural beats or other types of brainwave audio do a little research as there are lots of products out there. As the popularity grows there are more and more companies popping up, some good and some not so good.

If you follow the do's and don'ts listed above you should have a very rewarding experience with brainwave entrainment.

To learn much more about brainwave entrainment visit BinauralBeatsOnline.com where you'll find comprehensive reviews as well as informative articles on [binaural beats](http://binaural.beats).